

Introduction to CT Colonography (Limited Preparation)

**CT Department
Clinical Support Services**

This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries you may have.



Information for patients and visitors

Introduction

You have been referred to us by your consultant for an examination called Computerised Tomography (CT) Colonography.

This is an alternative method for imaging the large bowel and the surrounding organs.

The large bowel and abdomen are scanned by the CT scanner which scans the body in thin sections using X-ray radiation so that a 3D image can be seen.

Before the Scan

As with any other examination of the large bowel, the bowel must first be cleansed.

You will be asked to attend the department the day before the scan early in the morning. At which time a member of staff will go through the diet sheet with you for you to follow that day. You will be given a diet sheet to take home and follow and the first drink of contrast (Gastrografin – X-ray dye).

Part of the preparation is to empty the bowel and this may cause you to go to the toilet frequently, therefore you may wish to take this into account with regards to your daily activities e.g. it may be advisable to book the day off work.

You must take all of your usual medications as normal – unless advised otherwise by your doctor. However if you are on iron tablets these should be stopped on the day of coming to collect the preparation, the day before your scan.

The Day of the Scan

You will be asked to change into a hospital gown and remove all your clothing except for your underwear below the waist.

During the Scan

This scan requires an injection of contrast medium into a vein in your arm. To give this injection we will place a cannula (flexible tube) into your arm.

Contrast (X-ray Dye) is given to highlight your organs on the scan.

We may also give you an injection of Buscopan. Buscopan is a smooth muscle relaxant that stops the bowel from moving for a short time to enable us to get clear images.

It is recommended that you do not drive for 2 hours after being given Buscopan as it can temporarily cause blurred vision. Although a rare occurrence, if your eyes become red and / or painful within the 24 hours after your examination – please seek medical attention at your nearest Accident & Emergency department. Take this form with you.

To view the bowel it must be slightly inflated with air in order to unfold it and make it visible on the scan. This is achieved by pumping air into the colon through a rectal tube until a sensation of fullness occurs. The tip of the rectal tube will be placed into your back passage by a qualified

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Radiographer or Radiologist. Approximately 2.5cm-5cm of the tube will be inserted and a small balloon will be inflated to hold the tube in position while the bowel is being inflated.

Some of the scans will be done with you lying on your front or side, and some with you lying on your back, so you will be asked to turn over during the procedure.

After the Scan

You will be shown to the nearest toilet and changing area where you will be able to get dressed.

You will need to wait in the department for up to 30 minutes after your scan. During which time staff will offer you a drink and biscuits.

A Healthcare Professional will remove the cannula from your arm and then you will be able to leave the department.

You can resume your normal diet. Please ensure that you drink plenty of fluids to prevent dehydration.

Are you diabetic?

If you are concerned that this diet may aggravate your diabetes then please contact your diabetic nurse or your GP before following the diet sheet.

If you are taking Metformin then please inform the radiographer when you get to the department.

Benefits of CT Colonography

CT colonography is a detailed examination of your large bowel. It allows your clinician to detect abnormalities within the large bowel.

Are there any risks?

CT scanners use more radiation than simple x-rays to give the doctor more information. We think the benefits of this scan outweigh the risks of the exposure to radiation. The information obtained from the scan may help with diagnosis or to plan your treatment. A CT colonography scan is generally regarded as a very safe test. Problems occur rarely, and if they do, they are similar to those which could happen with other methods of examining the large bowel. These symptoms include the following:

- Abdominal discomfort
- Faintness
- Reactions to the injected drugs (Buscopan and contrast medium)
- Damage to the bowel wall (a small tear in the lining of the colon or rectum may occur rarely, in fewer than 1 in 3000 tests)
- On the rare occasion the contrast medium injected may leak into the surrounding tissues (extravasation) at the time of injection resulting in pain / discomfort at the site of injection. If

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this occurs the staff will advise you of any treatment necessary. It may be necessary to reposition the cannula to continue with the examination as the contrast media will not have reached the organs of interest.

If you have severe abdominal pains or bleeding from the back passage that is persistent or severe, including blood clots, in the 48 hours after the test, then you should get in touch with your GP or Accident and Emergency straight away.

Getting Your Results

Your scan will be reported by a Radiologist and a written report will be sent to the doctor who referred you for your scan.

Contact Details

If you have any queries about the examination, please contact the CT department on:

CT Dept. Grimsby: 03033 303314

CT Dept. Scunthorpe: 03033 303596

Patient Advice and Liaison Service (PALS)

The Patient Advice and Liaison Service offers confidential advice, support and information on any health related matters.

If you have a comment, concern, complaint or compliment about the care or service you have received from the Trust you can contact the PALS team as follows:

Telephone: 03033 306518

Email: nlg-tr.PALS@nhs.net

There are also offices at both the Diana Princess of Wales Hospital (near the main entrance) and Scunthorpe General Hospital (on the C Floor, near the outpatient department), should you wish to visit.

Please note: PALS should not be contacted for clinical advice relating to the content of this leaflet. The service should be contacted directly in the first instance.



Information for patients and visitors

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